BENGALURU, TUESDAY, FEBRUARY 27, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 19 | Humidity 48% Clear with periodic clouds Sensex 72,790 | Nifty 22,122 | Gold 62,100 | Silver 69,505 | Dollar 82.87 | Euro 89.92 | GBP 105.12

State Police Housing & Infrastructure Development Corporation allegedly flouted norms in tender for construction of police quarters

QUARTERED

Tender for construction of 388 quarters at estimated cost of Rs 103 cr

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The Karnataka State Police Housing and Infrastructure Development Corporation Limited (KSPH&IDCL) set up to provide better infrastructure facilities to police and fire services personnel is in the news again for unsavoury reasons.

It is alleged, the KSPH&IDCL authorities did not follow the norms of Karnataka Transparency in Public Procurement Rules, 2000, while completing the tendering process for construction of hundreds of quarters for police constables.

KSPH&IDCL authorities allegedly did not provide sufficient time for the contractors to submit tender forms. The corporation floated a short-term tender on January 12, 2024 inviting bidders for the construction of police quarters at various locations in the state.

The corporation assured to upload the details of locations and cost by January 18, 2024. However, as per the documents available with Bangalore Mirror, it uploaded the details on the portal on February 7 and 8, 2024.

It was late by around 20 days. However, the KSPH&IDCL

CONTINUED ON PAGE 8 »

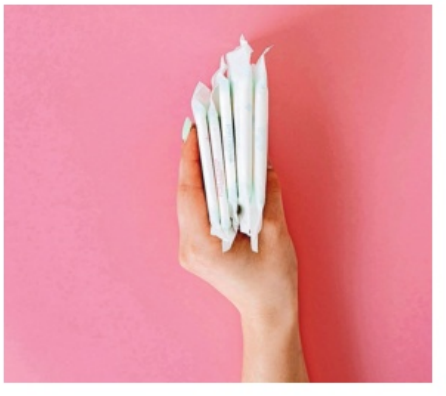
PIC FOR ILLUSTRATIVE PURPOSES ONLY

"Contractors should be given 30 days to submit tender forms from the date of uploading details on the portal. KSPH&IDCL completed the tender within 15 days

— HM Venkatesh, Naija Horatagarara Vedike

We do have a choice

Of 50 women surveyed, 90% prefer sanitary pads, just 6% use menstrual cups



| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Millennial women of Bengaluru are far from being eco-friendly when it comes to their choices of sanitary products, a survey has suggested.

The study conducted on a group of millennial women showed the majority of them still prefer disposable menstrual hygiene products such as sanitary pads and tampons over eco-friendly options like menstrual cups.

Out of 50 women surveyed, while a whopping 90% of the respondents still use sanitary pads and tampons, only 6% of these women have switched to the environment-friendly option of menstrual cups.

The analysis conducted by a group of researchers from St Joseph's College of Commerce underlined that although the perception towards menstrual cups among millennial women was neither negative nor positive, there is a lack of awareness regarding the option leading to fear of using it.

"Disposable menstrual hygiene products like sanitary pads are widely used by women and they are hesitant to switch to sustainable menstrual hygiene products like

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Book launch

Join author Prabol Dasgupta and actor/ journalist Prakash Belawadi as they delve into the captivating narratives of "Camouflaged: Forgotten Stories from Battlefields." From the trenches of World Wars to the chilling peaks of India's borders, this discussion uncovers hidden tales from India's military history.
Where: Atta Galatta
When: March 1, 8.30 pm onwards

02 Cyanotype workshop

She Cyanotype workshop consists of a presentation about the history of cyanotype and a discussion about the process, a practical demonstration by the instructors, a presentation about different artists and their works on cyanotype, a hands-on experience session etc. The workshop will conclude with the display of and a discussion on the prints made during the workshop. The workshop is facilitated by Indu Antony, Vivek Muthuramalingam, and Krishanu Chatterjee.
Where: Science Gallery Bengaluru, Materials Lab
When: March 2, 10.00 am to 4.00 pm

03 Art and more

The Sandeep & Gitanjali Maini Foundation, Bengaluru, in collaboration with Palette People, Kochi, proudly presents "Chitrakoodam: A Tribute to CN Karunakaran." This comprehensive exhibition pays homage to the life and artistry of CN Karunakaran, one of Kerala's most distinguished artists.
Where: Maini Sadan
When: February 26 to March 31, 10:00 am to 6:00 pm

22-year-old model breaks stereotypes with style

Challenging stereotypes and inspiring inclusivity, city's young model's remarkable journey in fashion and art is truly empowering

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

Breaking stereotypes, Sania Khimji, a resident of the city with Down syndrome, is paving the way for inclusivity. The 22-year-old, among her many other creative talents, has recently embarked on a fashion journey after being launched by Prasad Bidappa, a famed name in the fashion industry.

Sania's mother, Mudita, told Bangalore Mirror that while Sania has always had a creative side to her personality, her openness to learning has helped her gain more feathers in her cap. "I've always kept her motivated to learn. There are many things such as dance, makeup, and cooking which she has learned on her own through YouTube videos and other sources, while I send her to classes for whatever I can. Even as a child, she was very eager to learn. She would sit up and colour things or cut food," Mudita said. There's not one specific arena where Sania has her dipped fingers. She excels in all creative aspects, from music to art and dance to sports, says her mother.

Mudita said that Sania's fashion journey began a few months ago when Prasad Bidappa launched her during the Mega Model Hunt conducted at Phoenix Market City. "There was no agenda prior to the launch. Sania walked the ramp, and Bidappa asked her to dance. She went ahead and did it," she recalled. When asked about the response received from the audience, she said that it was overwhelmingly positive. Many have gone as far as to say that Sania's walk was the best part of the show. Prior to this, Cleo Cosmetics, Cult Sports, and other brands have featured Sania. The most recent achievement of Sania is being featured on the calendar of C Krishnaiah Chetty Jewellers. Mudita explained that Sania was able to be featured after participating in a competition and winning it despite being the only special needs contestant.

Sania, an artist and a model

"There are many things such as dance, makeup, & cooking which she has learned through YouTube videos and other sources, while I send her to classes for whatever I can
–Mudita, Sania's mother

Sania has received training from supermodel and former Miss India finalist Lakshmi Rana. Impressed by Sania's talent, Rana and her team have produced reels featuring her, which have now received over a million views. Sania also has her own Instagram account. "Whatever is posted on the account is authentic. She is what she is. We don't try to project her to be any different from what she is, and the response has been very positive," said Mudita. Her artworks have been featured in the National Gallery of Modern Art (NGMA) in Delhi and Art Houz in the UK.

Mudita said that while progress regarding inclusivity is evident, there is much more to be done. "The time has come for everyone to be inclusive. When we look at instances abroad, many brands have embraced special-needs models, but it is a rare sight in India. While things are changing, there is much more that needs to be done," she said.

Sania cheerfully expressed that she is going to continue her journey in all creative aspects, especially in fashion and art.

Oduva Habba: Reading festival to inspire students

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Government Higher Primary School in Ramagondanhalli donned a festive look for the second edition of its annual reading festival - Oduva Habba. The school was adorned with colourful banners, buntings, student artwork, writings, and more. Operating under a PPP (Public Philanthropic Partnership) model for education between the Government of Karnataka and Inventure Academy, it receives further support from Teach For India fellows and volunteers from Whitefield Ready and RBITC.

This reading festival is the culmination of three months of the Readathon programme, which aims to make reading fun and exciting for students. Over this period, several hundred books from the school library have been read by students, with each student completing about 15 books. The Readathon involves setting up small classroom libraries and establishing reading targets for each class. Students are issued books and submit book reviews upon completion. Student reading progress is tracked and displayed using a classroom tracker, with students taking turns to maintain these mini-libraries.

Throughout the three months, various activities related to reading and literacy are organised across classrooms on Saturdays to maintain engagement. All student work is then showcased throughout the school during the two-day Reading Festival - Oduva Habba. This year's events featured a range of activities including word games, board games, an arts & crafts corner, a spelling bee, a book quiz, a grammar quiz, a panel discussion with students, and a book fair showcasing hundreds of children's books donated by the Whitefield community.

School children at one of the book stalls at the Festival

A notable addition this year was an African adventure area created by grade 6 students, showcasing their learning about Africa through various stations reflecting its history and geography.

The festival concluded with a prize distribution ceremony, where over a hundred prizes were awarded to students across various categories.

Akhila, an English teacher, said, "The Festival has increased their enthusiasm for reading more books and their exposure to the world of books."

Sumedha Rao, Programme Manager at the PPP Model GHPS & GHS of Ramagondanahalli, said, "We have seen amazing responses from students and teachers for this initiative year after year. The excitement it creates around reading for every child, whether she is an advanced reader or a struggling reader, is the most wonderful thing about this event."

Fence eats the crop?

Cyclist claims police vehicle coming from wrong side caused him to fall of his bike

Ahna Prakash
c-ahna.prakash@timesgroup.com
TWEETS @BangaloreMIRROR

A 48-year-old man has alleged that he met with an accident due to a police vehicle driving on the wrong side. The victim, Pramod Jayaprakash, alleged that after the accident, the police vehicle didn't even stop to check.

According to Pramod, while he was coming from Forum Mall towards the Mico Layout area, a police jeep coming from the wrong side appeared right in front of him.

"I have often seen police vehicles being driven on the wrong side in that area. On Monday, near Adugodi police station while I was about to cross the U-turn section, suddenly a police vehicle appeared right in front of me. At first, I got disbalanced and applied the brake on my cycle. While I did that, the person right behind me collided with me and I almost fell," the victim told BM. The victim's cycle also fell on the road and got stuck.

While he was trying to get back on his cycle, he saw that the police vehicle didn't stop and went ahead. Later, while the victim was on the road, the police jeep came back, and the victim showed his hand for them to stop; however, the

policemen didn't stop.

Later, the victim went to the traffic police station and submitted a written complaint.

"The people in the traffic police station were genuinely helpful, and they helped me write a complaint letter explaining the details. They also asked me if I had clicked any picture of the vehicle, but I told them that because it was a police vehicle, I was scared to take a picture," he added.

The victim added that the police also wanted to know the details of the bike rider who hit him from behind. However, the victim says that it was not the fault of the person behind but rather the police vehicle in front because of which he had apply the brakes suddenly.

"The idea was not to get anyone punished but just to tell the police that they are not the ones who should be breaking the rules. Or they shouldn't just ignore an injured person and move ahead," he told BM.

70-yr-old was murdered by debt-ridden neighbour

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

The police have solved a disturbing case of the murder of a 70-year-old woman whose dismembered body was found in a plastic drum on Sunday. They said the perpetrator has been identified as Deenesh, a 40-year-old neighbour of the woman who was facing financial difficulties. It is said he had devised a plan to kill the woman and steal her valuables.

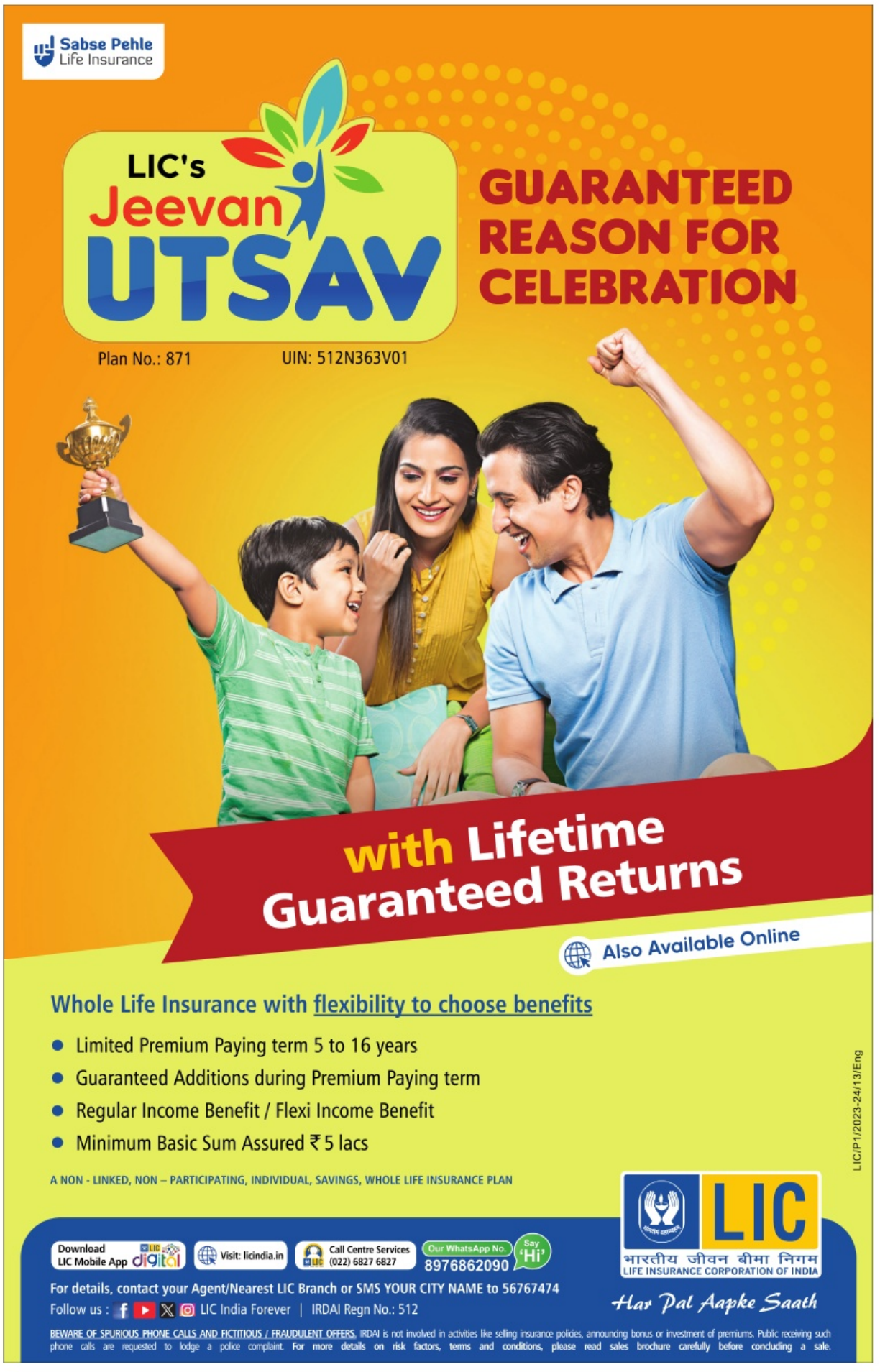
Deenesh, residing in Nisarga Layout, KR Puram, had recently returned from Chennai, where he worked for a maritime company before losing his job due to the pandemic.

Struggling with unemployment, Deenesh relied on his wife's income from a social service organisation to support his family. However, his mounting debts led him to seek money from friends and former colleagues, resulting in relentless pressure from creditors. Frustrated and desperate, Deenesh plotted to rob Susheelamma, who was known to have gold ornaments. He pretended to take her for a temple visit.

Taking advantage of Susheelamma's trust, Deenesh invited her to his home, where he murdered her in the storeroom. He then dismembered her body and stole her gold ornaments, intending to pawn them to settle his debts. However, his plan backfired when he discovered upon visiting a pawn shop that most of the ornaments were duplicates.

The police revealed that Deenesh's actions were driven by financial desperation and the fear of loan sharks.

Recruitment
ACCESS TO THE
RECRUITMENT NETWORK.
THROUGH THE NET.
Get your hands on the perfect fit for your organization. Book your recruitment ad today using ads.timesgroup.com the official online ad booking platform for Times Classifieds.
Scan the QR code
Or Visit
Ads timesgroup.com
Best Offers
User-Friendly
Safe and Secure
Toll Free:1800-1205-474
Chat with an expert: 70121 91460


Sabse Pehle
Life Insurance
LIC's
Jeevan
UTSAV
GUARANTEED
REASON FOR
CELEBRATION
Plan No.: 871
UIN: 512N363V01
with Lifetime
Guaranteed Returns
Also Available Online
Whole Life Insurance with flexibility to choose benefits
Limited Premium Paying term 5 to 16 years
Guaranteed Additions during Premium Paying term
Regular Income Benefit / Flexi Income Benefit
Minimum Basic Sum Assured ₹ 5 lacs
A NON - LINKED, NON – PARTICIPATING, INDIVIDUAL, SAVINGS, WHOLE LIFE INSURANCE PLAN
LIC/P1/2023-24/13/Eng
Download LIC Mobile App
Visit: licindia.in
Call Centre Services (022) 6827 6827
Our WhatsApp No. 8976862090 Say 'Hi'
For details, contact your Agent/Nearest LIC Branch or SMS YOUR CITY NAME to 56767474
Follow us : LIC India Forever | IRDAI Regn No.: 512
LIC
भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA
Har Pal Aapke Saath
BEWARE OF SPURIOUS PHONE CALLS AND FICTITIOUS / FRAUDULENT OFFERS. IRDAI is not involved in activities like selling insurance policies, announcing bonus or investment of premiums. Public receiving such phone calls are requested to lodge a police complaint. For more details on risk factors, terms and conditions, please read sales brochure carefully before concluding a sale.

Upgrades ahead for OMR: Scaling up to six lanes

Plans for expansion of Old Madras Road underway for smoother travel between 2 cities

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

A view of the Old Madras Road near KR Puram

Old Madras Road is set to become a four to six-lane highway connecting Bengaluru to Chennai, offering multiple travel options for commuters between the two cities. Currently, the road is four-lane until Chittoor, but a section between Chittoor and Walajahpet remains a two-lane road. The Indian government has announced plans to six-lane the missing link, creating a seamless connection between the cities.

During a recent Rajya Sabha reply, Union Transport Minister Nitin Gadkari stated, "The existing two-lane stretch between Walajahpet and Ranipet (10 km in length) is maintained in good condition. A detailed project report (DPR) for six-laning the entire stretch from Walajahpet to the Tamil Nadu/Andhra Pradesh border, spanning from km 106.800 to km 134.879 of NH-4, has been completed." Additionally, there is a proposal to convert the 28-km stretch between the Chittoor bypass and the TN/AP border into a six-lane highway.

While many vehicle users prefer Hosur Road because it is completely four to six-lane and traverses only two states, others suggest that Old Madras Road is an easier route for those living in and around KR Puram and Hoskote. Vasu Chinna, a regular traveller, said, "Currently, many vehicle users prefer to travel on Hosur Road as it is completely four to six-lane till Chennai. Secondly, many trucks and private vehicles prefer to use Hosur Road as it traverses only two states as opposed to Old Madras Road where one has to cross three states, including Andhra Pradesh. However, it is a good idea to have an alternative highway via Chittoor."

> **"For those staying in and around KR Puram and Hoskote, the Old Madras Road is an easier road to reach, and comparatively, this is a shorter distance to Chennai**
>
> –Sandesh Naidu, a frequent traveller

Sandesh Naidu, another frequent traveller, said, "For those staying in and around KR Puram and Hoskote, the Old Madras Road is an easier road to reach, and comparatively, this is a shorter distance to Chennai."

It may be noted that there are currently four major roads connecting Bengaluru to Chennai. The distance between Old Madras and Chennai is 333 km, Chennai Road via Hosur spans 346 km in length, Chennai Road via Pernambut is 327 km long, and the fourth option is an expressway. This expressway will be a green alignment starting from Hoskote on Old Madras Road and connecting to Chennai Road near Sriperumbudur. It spans a length of 258 km.

Madhu Y, another traveller, said, "It is always a good option to have multiple highways between two important cities where the traffic is quite high. The only concern is that building highways is good, but they should be maintained well, as the current highway in Tamil Nadu is not in good shape, and it is a pain to travel."

Meanwhile, Raju, a resident of Hosakote, said, "We urge the National Highway Authority of India (NHAI) to complete the expressway at the earliest as the entire area is filled with dust. Most of us are unable to open the doors or windows as we can see nothing but dust. Many of the hotels and other shops are also finding it difficult to do business due to excessive dust."

Notice to govt, agencies over state of rivers

Garima Prasher
garima.prasher
@timesgroup.com

TWEETS @BangaloreMIRROR

Kabini River

The poor state of rivers in Karnataka, as highlighted by an article in Bangalore Mirror, has prompted the National Green Tribunal (NGT) to take suo moto action and indict the Karnataka government along with various government agencies.

The principal bench of the NGT, in a hearing last week (February 22), sent notices to the State government and agencies after taking cognisance of the article.

In its January 10, 2024 edition, Bangalore Mirror highlighted the dismal state of Karnataka's rivers.

The news report, based on a water quality analysis of 12 rivers in the state under the central government's National Water Monitoring Programme (NWMP), underscored that nine rivers had stretches with poor water quality (class D).

"The news item discloses the poor water quality of rivers across the state of Karnataka. According to the said news item, a recent water quality analysis of 12 rivers in the state reveals that nine of them have stretches with poor water quality (class D). The cause of poor quality is stated to be rapid population growth, immense pressure from urbanisation, or inaction of authorities concerned. The news item also reveals that the number of industries along these river stretches has increased. The cities are discharging untreated sewage, and the concerned boards/authorities have failed to treat sewage generated by the city. Additionally, the sample collection protocols are not being followed," noted the Green Court.

Based on these observations, the NGT has impleaded the Karnataka State Pollution Control Board (KSPCB), Bangalore Water Supply and Sewerage Board (BWSSB), Deputy Commissioner, and District Magistrate of Bengaluru, as well as the State of Karnataka as respondents.

Upon receiving the notices, while the KSPCB, District Magistrate, Deputy Commissioner, and State of Karnataka have sought time to file responses, a notice has been issued to the BWSSB to file its response before the southern bench of the NGT before April 8, 2024.

In the article, Bangalore Mirror also underlined that while the water quality of these rivers is monitored at 38 locations, as many as 19 locations recorded water quality under class D – suitable only for the propagation of wildlife and fisheries. These locations include all five monitoring stations of Arkavathi and Lakshmitirtha, two stations of Tungabhadra, one station of Cauvery, both stations each of Kabini and Kagina, all three stations of Shimsha, two stations of Bhima, and both stations of Tunga rivers.

Under the NWMP, the KSPCB records the water quality of Arkavathi, Lakshmantirtha, Tungabhadra, Bhadra, Cauvery, Kabini, Kagina, Krishna, Shimsha, Bhima, Netravati, and Tunga rivers across the state.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Pavement gap
New BEL Road

A dangerous footpath opposite the Burger King store on the main road poses serious risks to pedestrians.

Mystery box
Brunton Road

An unattended box has been lying on the road, raising questions about its purpose.

Delayed groundwork
Chamarajpet

The road on Mysore Main Road, opposite Police Parade Ground, was dug up for pipe laying over a year ago. Yet, despite repeated complaints and updates on the Smart Bengaluru app, there is no progress. Additionally, the broken footpath is hindering pedestrian movement.

Fear of water borne diseases looms large

Bengaluru is not just facing a water crisis but also a crisis of pure drinking water. Experts say that the lack of access to pure drinking water is giving rise to many problems. Earlier, a report by the Bureau of Indian Standards (BIS) found that tap water in Bengaluru does not qualify for consumption.

The report revealed that the tested water samples failed on factors such as total dissolved solids (TDS), turbidity, total hardness, total alkalinity, minerals, and metals. It also confirmed the presence of coliform and E. coli bacteria, which can cause severe illnesses.

City doctors say tap water in the city was never safe for consumption, and about 10 percent of the cases they see every day are waterborne diseases, which include gastroenteritis, typhoid, and Hepatitis A. They suggest boiling water for consumption if you are unsure of its source, though RO purifiers and filters do help to a certain extent. One of the most affected groups is young working adults, as they tend to consume water at eateries and hotels without realizing the source of the water.

A health expert said, "Pure water is non-existent. The study shows detection of organisms, especially E. coli, which is a big concern as it can cause UTI, GIT infections, and anaerobic sepsis. The ideal pH level of water should be 7.2 to 7.6. We don't know the mineral and metal content found in the water yet.

The pH levels and presence of metals in water could lead to some chronic issues. The issues are more where there is no proper government water supply of Cauvery water.

He says, "The health issues such as hair fall and indigestion could be due to hard water, while impurities lead to gastroenteritis, stomach infections leading to loose stools, and typhoid especially when it rains. Ten percent of cases I see every day are due to water issues."

Sources of drinking water are subject to contamination and require appropriate treatment to remove disease-causing contaminants. Contamination of drinking water supplies can occur in the source water as well as during the distribution system after water is treated.

The most common outbreaks caused by contaminants include Giardia, Legionella, Norovirus, Shigella, Campylobacter, Copper, Salmonella, Hepatitis A, Cryptosporidium, E. coli, excess fluoride, and skin-related diseases such as eczema, hair fall, and dandruff

"There are many sources of water contamination, including naturally occurring chemicals and minerals (for example, arsenic, radon, uranium), local land-use practices (fertilizers, pesticides, concentrated feeding operations), manufacturing processes, and sewer overflows or wastewater releases.

Due to groundwater contamination, the water has become unpotable, that is unsafe for drinking. With the industrial effluents being let into the lake, the water gets contaminated with chemicals leading to waterborne diseases such as gastroenteritis, typhoid, and Hepatitis A.

With the increase in population, there is no increase in the supply of Cauvery water. Also, many do not realise the source of water. Even in bottled water, we cannot be sure if it's just refilled and resealed. To prevent waterborne infection, drinking water should always be boiled and consumed," said another health expert.

The most common outbreaks caused by contaminants include Giardia, Legionella, Norovirus, Shigella, Campylobacter, Copper, Salmonella, Hepatitis A, Cryptosporidium, E. coli, excess fluoride, and skin-related diseases such as eczema, hair fall, and dandruff.

These contaminants can lead to a range of health issues, from gastrointestinal problems to skin conditions, highlighting the importance of maintaining proper hygiene and sanitation measures to prevent their spread and ensure public health and safety.

Meanwhile, health experts say they are witnessing rising cases of viral infections in children going back to school, especially in line with the season in Bengaluru.

There is a significant number of children being treated with symptoms of cold, cough, running nose, and in a few cases fever.

ADVERTORIAL

Endoscopic Ultrasound (EUS) for Everyday Good Health

Endoscopic ultrasound (EUS) represents a remarkable advancement in medical technology, seamlessly blending endoscopy and ultrasound techniques to revolutionize the way healthcare providers diagnose and treat various medical conditions. By offering unparalleled insights into the complexities of the digestive system and adjacent organs, EUS empowers both doctors and patients with invaluable information crucial for effective medical management. For doctors, EUS provides sharper diagnostic capabilities, allowing for the detailed examination of the gastrointestinal tract and surrounding structures. This clarity facilitates the identification and understanding of conditions such as tumors, cysts, and inflammation, enabling more accurate diagnoses. Additionally, EUS aids in treatment planning by offering precise views of pancreatic and bile ducts, enhancing the ability to diagnose conditions like pancreatic cancer and gallstones, leading to more effective treatment strategies. Furthermore, EUS serves as a guiding tool during interventional procedures such as fine needle aspiration (FNA) and biopsies, ensuring that tissue samples are collected accurately for further analysis and diagnosis. Moreover, by assessing pancreatic and liver conditions, EUS enables doctors to tailor treatments to suit individual patient needs, thereby optimizing therapeutic outcomes while minimizing risks. For patients, EUS provides a clearer understanding of their condition through the visualization of clear images, helping them comprehend their diagnosis and treatment options better. Additionally, EUS plays a crucial role in early detection by identifying cancers at their initial stages, providing patients with improved chances of successful treatment and recovery.

NUMEROUS BENEFITS

1. Diagnostic Precision: Gastrointestinal Conditions: EUS excels in pinpointing and categorizing gastrointestinal issues like tumors, cysts, and inflammatory disorders by delivering intricate images of the digestive tract walls and neighboring structures.

DR. UMESH JALIHAL
Sr. Consultant Gastroenterologist
SPARSH Hospital, Yashwanthpur
For queries call: 080 61 222 000

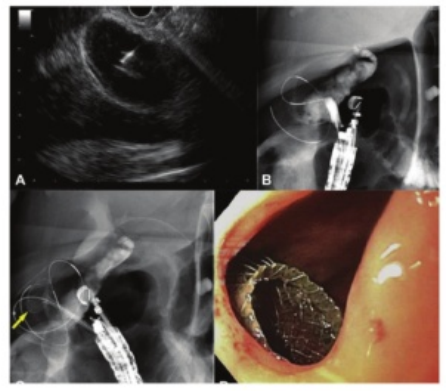
Pancreatic and Biliary Diseases: EUS serves as a crucial tool for assessing pancreatic and bile duct conditions such as pancreatic cancer, gallstones, and pancreatitis.

2. Cancer Detection and Staging: EUS is instrumental in identifying and determining the stage of diverse cancers, including those affecting the esophagus, stomach, pancreas, and rectum. Early detection facilitated by EUS significantly enhances treatment efficacy.

3. Guidance for Interventional Procedures: EUS provides real-time guidance for fine needle aspiration (FNA) and biopsy procedures, facilitating the extraction of tissue samples for analysis, thereby aiding in tumor diagnosis and other abnormalities.

4. Pancreatic Disorder Management: EUS plays a pivotal role in managing pancreatic conditions by evaluating cysts, pseudocysts, and other irregularities, aiding in distinguishing between benign and potentially malignant cysts.

5. Liver Disease Assessment: When combined with other imaging modalities, EUS proves valuable in assessing liver conditions, enabling the evaluation of lesions and abnormalities within the liver.



6. Minimally Invasive Surgery Planning: EUS assists in planning and executing minimally invasive gastrointestinal surgeries, leading to shorter recovery periods and reduced postoperative discomfort.

7. Follow-up for Gastrointestinal Disorders: Individuals with known gastrointestinal ailments may undergo EUS for follow-up evaluations, facilitating disease monitoring and treatment effectiveness assessment.

8. Screening for High-Risk Individuals: In scenarios where individuals are at heightened risk of developing gastrointestinal cancers or other conditions, EUS serves as a proactive screening tool for early detection.

While EUS offers a plethora of advantages, its applicability hinges on the specific medical requirements of each individual. Patients are encouraged to engage in discussions with their healthcare providers to ascertain whether EUS aligns with their unique diagnostic or therapeutic needs.

For appointments call: 080 61 222 000

Kempegowda Theme park work in progress (or not?)

Govt claims work is going on and will meet deadline, but on-the-ground scene is different

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

File photo of the inauguration of the Kempegowda statue at the Bengaluru airport

Though more than a year has passed since the inauguration of the Kempegowda statue at the airport premises, the works are still far from completion. However, the State Government claims that the works are in progress and on track as per the deadline set earlier.

The issue was recently raised by Malleswaram MLA Dr CN Ashwath Narayan, who played a pivotal role in establishing this park area. When he sought information about the park's status, Revenue Minister Krishna Byregowda said, "Work is in progress and has been divided into 18 phases. The first phase, including the completion of structural finishing works, has seen 90% progress, while the works are ongoing in other phases. The second phase involves the completion of the west pavilion, the third phase includes completion of the sought display area, and the structural works for the north display area will be taken up in the fourth phase."

Gowda said during the financial year 2023-24, funds available under the Nadaprabhu Kempegowda Heritage Area Development Authority were allocated, and Rs 20 crore was released for the purpose.

For a long time, there has been a demand to provide facilities for visitors who come to the park to view the 108 ft. bronze statue of Nadaprabhu Kempe Gowda. Officials claim that the number of visitors to the airport area to view the statue is increasing every day after the unveiling by the Prime Minister on November 11 last year. Earlier, officials had stated that parking for the general public would be provided for a maximum of 80 vehicles behind the petrol bunk. Due to the high-security airport area, visitors are allowed to stay at the spot for only 30 minutes. Plans for lighting arrangements to enhance the attraction during the night were discussed earlier, and temporary arrangements are currently in place until the completion of the ongoing theme park-related work.

Among the other projects of the authority is the maintenance of Kempegowda's Veer Samadhi. The tomb has a pedestal about 1.6-2 ft high, with granite columns at the four corners and a ruined gopuram. The authority is also entrusted with maintenance of Savanadurga Fort And Temple High. Savanadurga fort on the hill was one of the bastions of Kempegowda for several battles he fought. The temple at the foothills was visited by Kempegowda. Kempasagara Lake The lake has an embankment on the southern side that is still intact. Public and vehicle movement happens on this embankment. There are two sluices on this embanked wall that are still in use. Hutridurga Fort And Temple The temple originally built in granite stone is painted in white. The temple has a garbhagriha and mantapa facing opposite to each other. A stone Naga statue is located close to the temple, secured with grills.

> **"Work is in progress and has been divided into 18 phases. The first phase has seen 90% progress**
> –Krisha Byregowda, minister

The other historical place is Someshwara Temple and Kalyani where a temple complex with one main shrine, with a couple of smaller ones and a few pillared halls used by Kempegowda as a court and gathering hall (Kempegowda Hajara). There is a well in the northern corner with water. A granite column that produces a ringing sound when hit with a coin is present. The whole temple complex was in complete ruin until partially restored recently. There is also demand to maintain the Magadi Fort.

'Choose qualified personnel for posts'

More than 700 students from three forestry science colleges in Karnataka gathered at Freedom Park on Monday to put forth their demand to make a degree in forestry science mandatory and minimum qualification for posts of Assistant Conservator of Forest, Range Forest Officer, and Assistant Range Forest Officer. The students have reached Bengaluru with their protest after raising this demand at their respective campuses in Iruvakki, Ponnampet, and Sirsi.

Students protest at Freedom Park on Monday

"Currently, many of these posts are occupied by students from other streams. This despite hundreds of students that are going through years of training under forestry-related professional courses at forestry schools in the state," said a student at Freedom Park.

In 2003, the Karnataka government, recognising the competence of forestry graduates, provided a 50% reservation in direct recruitment to Assistant Conservator of Forests and Range Forest Officer positions. In the direct recruitment of Range Forest Officers, the government increased the reservation from 50% to 75%, and a 50% reservation in direct recruitment of Deputy Range Forest Officers was provided, amending the Karnataka Recruitment Rules in 2012.

In 2018, the reservation for forestry graduates in the direct recruitment of Range Forest Officers was reduced from 75% to 50%.

> **Students reach Bengaluru with their protest after raising this demand at their campuses in Iruvakki, Ponnampet, and Sirsi**

Students say forestry graduates have a unique blend of practical and theoretical knowledge during four years of rigorous study. Forest science and forest management is a multi-dimensional subject with forestry-related.

Forestry students undergo specialised training like forest attachments, weapons training, and zoo assignments. "It is regrettable that despite the comprehensive training and dedication of forest graduates, they are facing a setback in getting job opportunities in the forest department," said another student. —BMB

BM TRAVEL

Karnataka & Greece to promote tourism

Karnataka and Greece are partnering to promote tourism. While the Karnataka government is enticing Greek tourists to various tourist spots in Karnataka, the European country is enticing film producers from the state to shoot at exotic locations in Greece by offering various incentives.

These discussions took place during recent deliberations between the governments of Greece and Karnataka. Given Greece's global leadership in shipping and maritime trade, Karnataka expressed keenness on Friday to collaborate with the country in these areas.

During a recent meeting with the delegation headed by Greece's Deputy Foreign Affairs Minister Costas Fragkogiannis, Large and Medium Industries Minister MB Patil stated that Greece should consider opportunities in projects for the development of modern ports and logistic hubs in the coastal regions of the state. Aiming to promote logistics development, the state has also introduced an attractive 'Warehousing and Logistics Policy,' he said. Furthermore, the Minister mentioned that Karnataka and Greece share similarities

> **'Greece should consider projects for the development of ports and logistic hubs in the coastal regions of the state'**

in their focus on major industries like agro & food processing, tourism, and renewable energy, among others. Citing Greece's strength in Agri-food processing, Patil expressed that the state would like to benefit from Greek expertise in olive cultivation, feta cheese production, and Mediterranean food processing techniques. He also urged the Greek delegation to explore partnership opportunities in the upcoming Vijayapura Food Park.

Moreover, Karnataka's burgeoning tourism sector, especially in developing heritage sites, coastal tourism, and wellness retreats, presents potential opportunities for Greek investments, he opined. Greece's shift towards renewable energy and Karnataka's ambition to become a hub for green energy will invite Greek companies to participate in energy projects such as solar power, hydrogen manufacturing, and green ammonia, among others, Patil remarked. Meanwhile, appreciating Greece's Government measures for promoting movie shooting, Costas invited Karnataka to take advantage of this. The meeting also discussed launching direct flight services to Athens, specifically from Bengaluru. The Greek delegation also said they would make efforts to attract increased tourists from here.

Split wide open

Divorce cases on rise in state; between 2021 and 2022 there was increase of around 6,524 cases; advocates stress on need for enhanced support services

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

There is a shadow over matrimonial bliss if one goes by the data of cases being filed at various family courts in the state. There are 40 functional family courts in Karnataka and on an average there are 20,000 marital discord cases being filed in a year. Between 2021 and 2022, there was a significant increase of approximately 6,524 cases, representing a percentage increase of about 30.07%. An official said, "This surge in divorce filings during the covid years suggests a substantial shift in marital dynamics within the region, potentially influenced by various societal, economic, and legal factors."

The trend continued into the following year, with an increase of approximately 1,183 cases from 2022 to 2023. While this percentage increase was comparatively lower at around 4.19%, it still reflects a sustained upward trajectory in divorce filings. This consistent rise in divorce cases over the three-year period underscores the evolving landscape of marital relationships and family structures. The number of divorce cases filed in family courts across India has witnessed a significant increase as well. Between 2021 and 2022, there was a substantial surge in divorce filings, with a percentage increase of approximately 46.30% and 13.45% rise from 2022 to 2023.

R Yadunanan, an advocate, said, "Several factors may contribute to this upward trend in divorce rates. Societal changes, such as shifting attitudes towards marriage and divorce, could play a significant role. Economic factors, including job instability, financial stress, and changing gender dynamics within households, may also contribute to marital strain and subsequent divorce filings. Moreover, increased legal awareness and access to legal resources may empower individuals to seek divorce when facing marital challenges. This suggests a growing recognition of individuals' rights and options within the legal framework. However, it also highlights the need for enhanced support services and resources for individuals and families navigating divorce proceedings." Siddalinga Prasad, another advocate, added that from a broader perspective, the increase in divorce cases underscores the importance of promoting healthy relationships, marital counseling, and conflict resolution strategies within the community. "It also underscores the need for family court systems to adapt and respond effectively to the growing demand for divorce proceedings. Overall, the analysis of the increase in divorce cases in Karnataka over the past three years reveals complex societal, economic, and legal dynamics at play, warranting further research and targeted interventions to address underlying issues and support individuals and families through marital challenges."

On an average 20,000 marital discord cases are being filed in a year at the 40 family courts in the state

> **Economic factors such as job instability, financial stress, and changing gender dynamics within households, may also contribute to marital strain**
>
> –R Yadunanan, advocate

During a recent reply in Lok Sabha, Minister of State for Law and Justice Arjun Ram Meghwal said that The Family Courts Act, 1984 provides for establishment of family courts by the State Governments in consultation with their respective High Courts to promote conciliation and secure speedy settlement of disputes relating to marriage and family affairs. Under Section 3(1) (a) of the Family Courts Act, it is mandatory for the State Governments to set up a family court for every area in the State comprising a city or a town whose population exceeds one million. "Sensitising judges, court staff, and stakeholders, along with gender sensitivity training, is imperative to ensure fair treatment, reduce bias, and protect the rights of all parties, particularly women. Considering the appointment of lady judges and counsellors could further enhance the system's effectiveness," he had said.

Parties not exempt from defamation proceedings

The Karnataka High Court recently declared that political parties could indeed face defamation proceedings, while hearing a case in which the BJP argued that a political party being an 'association of persons' should not be subject to defamation laws.

This decision came during the hearing of a petition by the BJP challenging defamation proceedings initiated by Rizwan Arshad, the Congress MLA from Bengaluru's Shivajinagar.

The complaint stemmed from alleged defamatory posts against Arshad by the Bharatiya Janata Party.

During the proceedings, the BJP's counsel argued that the party, being an "association of persons," should not be subject to defamation laws. The counsel also contended that the complaint lacked merit.

However, opposing counsel pointed out that the Indian Penal Code (IPC) broadly defines the term "person," encompassing unincorporated bodies of individuals. They emphasised that detailed arguments could be presented during the trial, rather than in preliminary stages.

Justice Krishna Dixit, presiding over the case, noted that even unincorporated bodies could be considered "persons" under Section 11 of the IPC. He explained that legal fictions, such as attributing personality to non-organic entities like companies and governments, were common for practical purposes.

Justice Dixit clarified that entities like governments and companies could indeed have reputations, thus making them eligible for defamation proceedings. Addressing the specific allegations against Arshad, the bench highlighted the seriousness of the accusations, including the claims made about involvement in fabricating fake voter ID cards. Consequently, the tweets in question were deemed potentially defamatory.

The bench commended the lower court for handling the matter appropriately without conducting a "mini-trial" at the initial stage. Overall, the ruling underscores the court's stance on the inclusivity of defamation laws and the importance of due process in such cases. –PTI

Sustainable is keyword at Horticulture Fair

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

The National Horticulture Fair-2024 to be held from March 5-7 at ICAR-IIHR, Hesaraghatta, this year would bring in many technologies and environment-friendly sustainable practices that could help many farmers. The theme this year is "NextGen Technology-led Horticulture for Sustainable Development".

The fair will focus on showcasing and promoting the integration of cutting-edge technologies in horticultural practices. It includes innovations like smart irrigation, controlled environment farming and vertical farming, optimising resource use and enhancing crop yields while reducing environmental impact. The holistic approach minimises ecological footprints, fostering efficient and environmentally friendly horticultural practices for sustainable development.

Some of the new technology that will be showcased is the Arka Onion Bulblet Planter with a field planting capacity: 0.12 hectare per hour, that carries out simultaneous bund forming cum planting and is labour efficient (35%) and reduced drudgery. There is also Vitamin D Enrichment Technology, that is a fabricated low-cost device for Elm oyster mushroom with 2.12 grams of mushrooms exposed to 100 watts UV-B light for 10 minutes fulfil the recommended dietary allowance and enriched vitamin D levels sustained for 6 months and many more such technologies that will be displayed at the fair.

The National Horticulture Fair will be held at ICAR-IIHR Hesaraghatta

The ICAR-IIHR was established in 1967 to carry out basic, applied and strategic research on horticultural crops. Presently, it is working on 58 horticultural crops (13 fruits, 30 vegetables, 10 flowers and 5 medicinal crops) and so far released 354 varieties and 156 technologies. It has commercialised 176 technologies to 746 clients with 1,250 licenses.

Dr Dhananjaya MV, organising secretary of NHF 2024 CAR-IIHR, said, "ICAR-IIHR would like to showcase and demonstrate the latest technologies such as smart irrigation, controlled environment farming, vertical farming, optimising resource use for enhancing crop yields, environment friendly practices for sustainable development, digital horticulture etc. for the benefit of growers, horticulturists and other stakeholders. Besides farmer's consultancy, training and workshops on urban horticulture, soilless cultivation, hi-tech horticulture, value addition and waste utilisation of flowers, farm/kitchen waste composting and home scale package and storage of fresh fruits and vegetables are also being organised."

After cops 'mercy killing' petition, govt scraps 'rigid' transfer policy

The Karnataka government on Monday dropped the rigid transfer policy, with regard to inter-district transfer of couples working in the police department. which led a section of state police officers reportedly writing to President Droupadi Murmu seeking 'mercy killing'.

Home Minister Dr. G Parameshwara has given a direction in this regard to Karnataka DGP Alok Mohan, allowing the transfer of couples working in the state Police Department to the same district or same unit.

A letter by the police to the President in this regard went viral on social media last Saturday. The names of the complainants have not been disclosed, as police officers are not supposed to raise such complaints because they can attract disciplinary action against them.

Citing a Supreme Court judgment and the Karnataka Civil Service Rules (KCSR), the letter claimed that a couple in police service can carry out their duties in the same unit or in the same district. It claims that for three years, transfer requests of police couples have not been obliged by successive governments.

"Due to work postings, we stay away from our parents, family members and children for 10 to 15 years. Not able to take care of our family members and children, we are leading a painful life. Many married couples' relationships have reached the stage divorce," the police personnel complained. **–IANS**

Corruption alleged in police quarters tender

CONTINUED FROM PAGE 1

authorities fixed February 23 as the last date for receiving tenders and February 25 as the date of opening technical bids. The technical bid consists of all technical details along with commercial terms and conditions of the particular contract.

Though the KSPH&IDCL took around 20 days to upload the details, it completed the tendering process within 17 days. It is alleged the KSPH&IDCL authorities violated the norms by doing so.

"As per the Karnataka Transparency in Public Procurements Rules, 2000, the minimum period shall be 30 days for tenders up to Rs 2 crore and 60 days for tenders in excess of Rs 2 crore in value. Any reduction in the time stipulated under sub-rule (1) has to be specifically authorised by an authority superior to the Tender Inviting Authority for reasons to be recorded in writing," said a contractor on the condition of anonymity.

The KSPH&IDCL completed the tendering process for construction of 388 quarters for police at an estimated cost of Rs 103 crore at Yelahanka in Bengaluru, Kolar, KGF, Ramanagara, Kadur, Chikmagalur, Belagavi, Dharwad, Bagalkot and Haveri districts.

Alleging violation of norms and nepotism in awarding contracts, Karnataka State Contractors' Association wrote a letter to the managing director of KSPH&IDCL on February 1 demanding the cancellation of the package tender.

"There is a lot of corruption at the KSPH&IDCL. The KSPH&IDCL authorities preferred contractors from neighbouring states due to the reasons best known to them. The authorities must cancel the package tender," said Karnataka State Contractors' Association president D Kempanna.

Meanwhile, HM Venkatesh of Naija Horatagarara Vedike said he has already sent a letter to the KSPH&IDCL managing director demanding a probe into alleged malpractices in the tender process.

PIC FOR ILLUSTRATIVE PURPOSES ONLY

"As per the norms, contractors should be given 30 days time to submit tender forms from the date of uploading the details on the portal. However, the KSPH&IDCL authorities have completed the tender process within 15 days. According to reliable sources, the KSPH&IDCL authorities selected the contractors much before floating the tender. We want to cancel the tender process and order a probe into the matter," said Venkatesh.

When contacted, KSPH&IDCL chief engineer BH Manjunath said the tender was an open one but declined to provide details. "You have to come to our office for more information," said Manjunath.

Millennial women still prefer disposable menstrual hygiene products

CONTINUED FROM PAGE 1

menstrual cups. The study shows women did not know that menstrual cups can last longer and are cost-effective. Even in the current times, menstruation shame exists in our society and this has an impact on women and influences their decisions regarding menstrual cups," noted the study.

While the majority of the women using menstrual cups are college-going girls and working professionals, those still using conventional products such as sanitary napkins are not willing to make the switch.

The study found that as many as 48% of the women using sanitary pads and tampons were unsure about making the switch and 26% of them were not ready to switch to menstrual cups. Only 26% of the women were ready to switch to environment-friendly options.

Researchers said the thought process of those who are either unsure of making the switch or are not ready for it is influenced by reasons such as limited knowledge about menstrual cups, fear of discomfort, and high satisfaction with the usage of sanitary pads alone.

Experts said the government must focus on educating and spreading awareness on eco-friendly menstrual products among school girls. Moreover, sanitary hygiene product manufacturers should be told to produce sustainable products.

"Brands producing menstrual cups should come up with better marketing strategies to create awareness. Schools should educate both girls and boys about menstruation and people should learn to treat menstruation as a normal biological process.

Moreover, it is each individual's responsibility too to change the perception regarding menstruation among family, friends, and peer groups," noted the researchers.

Your Connect

jobs

SITUATION VACANT

MARKETING, ADVERTISING & SALES

BUSINESS EXECUTIVES

SRI Durga Solutions "We are Hiring" Collection Exes: for Banking collections. Qualification: 12th pass, 2 wheeler & Mobile must. Salary: 15K, Tele-Callers: should have computer Basic Knowledge & good Comm skills Salary: 12K. at Kengeri Sirke Circle. Cont: 9686469799

OTHER VACANCIES

PART TIME JOBS

GLOBAL International India's No1 Registered Club Part-Time Job M/F Daily Income 10,000 to 15,000 PF & Esi WhtsApp 9886959077/7022770604

PART TIME JOB OPPORTUNITY for Retirees /VRS, & Self Employed by a Reputed MNC in Bangalore. Call: 99027 49632/8861791147

real estate

BANGALORE PROPERTIES

KORAMANGALA

SALE BDA SITE 30×40 4th block Commercial Property 6 Bhk Rental income of 2 lakh fully furnished 3.5 cr nego. Ct - Raj Realtors-6364174837

business

FOR SALE

CAFE for sale at Koramangala and Jayanagar. Good location and attractive price. Interested Buyers Contact : 98415 62211

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

personal

CHANGE OF NAME

I, Hiralben Ashish Shah @ Hiralben Kiritkumar Shah W/o.Ashishkumar Ashwinkumar Shah Residing at No. D-301, Sumadhura Eden Gaden, Dodabanahalli Village, Bidarehalli Hobli, Kannamangala Gate, Whitefiled, Bengaluru - 560067 have changed my name to HIRAL ASHISHKUMAR SHAH vide affidavit dated 26.02.2024 Sworn before notary: P N Nagesha, Bangalore

I, Ashwini Katti W/o Gururaj, residing at No.283, 5th Main, MS Ramaiah city, JP Nagar, 8th Phase, Bangalore-560076 have changed our minor daughter name from NIDHI G PARVATIKAR @ NIDHI GURURAJ PARVATIKAR to NIDHI PARVATIKAR & correct DOB is 13.12.2008, vide affidavit dt: 26.02.2024 before notary Renuka C, B.lore.

I,MANJUNATH D.L residing at No.385, 2nd Cross, 7th Main, Muneshwara Block, Near SBI Bank opposite Road, Bangalore - 560026 . I state that my son's name Skandhan D.M have changed to Sushan D.M vide affidavit dated 13.2.2024 sworn before notary Chandra shekaraiah S Bangalore

I Anisha Parakh W/O, Aditya Vikram Malu R/o N0-139,malu Sadan,3rd Main,9th Cross, Chamarajpet, Bengaluru-560018 have changed my name to Anisha Malu.

I Pradeepa S/o Yadhuraj R/o #72, Slv Nilaya, 2nd Main, Coconut Garden Layout,Dodda -mangala, Elecronic City B'luru 5600100 have changed my name to Pradeep for all purposes.

I Naithik S S/O, Sunill Sethhiya R/o 309,2nd Cross Rd, Robertsonpet, Kgf have changed my name to Naithik S Sethiya.

I, Fayyaz Rafiq Ahmed Shaikh R/o B3-423 Nishant Prime, Immadihalli, Whitefield, Bengaluru 560066, Karnataka have changed my minor daughter's name from Arwa Shaikh to Arwa Fayyaz Shaikh.

I, Ravindrareddy Jayannavar S/o Mudareddy Jayannavar R/o No 2112, 9th Block, Vishwshwariah Extended Layout Malhathalli Bengaluru-560056 have changed my name to Ravindraraddi Jayannavar for all purposes

I Praveena Bettgere Lakshman -gowda S/o lakshmana Gowda.B.D R/o, No 68, nellur Road, paradise Layout, chikkamagaluru, 577101, have changed my name to Praveen Bettgere Lakshmangowda for all purposes

I, Jincymol Joseph S/O, Joseph R/o Flat 314, Aryan Pebble Bay, 3rd Main, Anam Enclave, Thanisandra, Bangalore have changed my name to Jincymol for all purposes.

I, LEENA, W/o SANDEEP BANTIA R/o 997.Jai Jinendar, Jain Colony Robertsonpet KGF have changed my name to LEENA BANTIA.

I NUSRATH UNNISA NAIMATHULL W/o NIAMATH ULLA R/o No 06 Royal Relizant Apartment Flat No 309 4th Flr Kalasipalyam Police Station Road Kalasipalyam Bangalore-560002 have changed my name to NUSRATH UNNISA for all purposes

I, K M A SWAMY residing at No.13, 1st Floor, 5th Cross, Nisarga Layout, Mallathahalli, Bangalore-560056 here by declare that K M A SWAMY and K M VISHAL NAIK both the names belongs to me only, vide affidavit dt: 26.02.2024, before notary Devaraja E Blore

I, Kumari K Sujatha W/o. V. Jayakumar,R/a. No.553, 4th Cross, Near Swimming Pool, Mahalakshmi Layout, Bengaluru-560086. I have changed my name To J.SUJATHA. Vide affidavit date: 23.02.2024. Sworn before Notary: Devaraja E.

I NUSRATHUNNISA NIAMATHULLA W/o NIAMATH ULLA R/o No 06 Royal Relizant Apartment Flat No 309 4th Flr Kalasipalyam Police Station Road Kalasipalyam Bangalore-560002 have changed my name to NUSRATH UNNISA for all purposes

LOST & FOUND

I, K.S Sampath Kumar Residing at No.9, ITI Layout, New BEL Road, RMV 2nd Stage have lost documents in New BEL Road, Sanjaynagar. Document Name. Kotak mahendra Bank Identity Card, Place of issue. MUM RA 18604. Police Complaint No: 0949164/2024, Dated. 26.02.2024. If anybody found the above said document please inform to nearby police station or Call : 9620132122

GALLERIA

HEALTH TIP: Taking shallow breaths can increase anxiety and affects how you respond to stress

Nuts are high in most vitamins and minerals including calcium, phosphorus, iron, zinc and vitamin E

BangaloreMirror | 9
Tuesday, February 27, 2024
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

TAKE A SEAT

Slouching isn't as bad for you as you might think

Often a posture assigned to teenagers and disaffected youth, slouching is traditionally considered to be a "bad" posture – with some claiming it will damage your spine and cause pain.

The term itself hails from medieval Norse meaning "lazy fellow" – and later the middle English word meaning "walking, sitting or standing with a loose attitude".

In the last 150 years or so, posture has come to be associated with aspects of a person's value, dignity, respectability and morality.

Erect posture has been deemed "healthy", "the aesthetic utopia", "dignified", "a backbone against subjugation", "attractive" and "good" by various cultures, political movements and even social media influencers.

So it's not difficult to see then how slouching came to be considered "bad" for us since it's long been considered to be a bodily representation of negativity.

But while posture is heavily overlaid with psychological meaning, is it really that bad for our spines if we slouch? Are certain postures really "good" and others "bad"?

The great news is that in the past two decades, there's been a plethora of rigorous clinical studies conducted which have concluded that there's no relationship between slouching and spinal pain. There's also no evidence that people who slouch are more likely to suffer with back or neck pain compared to non-slouchers.

There's also no clear evidence that slouching while sitting at your desk or while using your phone causes damage to the spine. Even the UK government's latest guidance on working with screens puts less emphasis on an idealised posture at the workstation.

Instead, they emphasise the importance of adopting comfortable positions, varying your positions, avoiding awkward positions (such as flexing or arching your back or neck) and including regular breaks from your static posture throughout the day. All of these tips will help reduce the risk of developing pain and muscle fatigue.

So if you experience back or neck pain, you can rest assured that the posture you adopt when walking or sitting probably isn't to blame as much as you might have been led to believe. Instead, it's probably related more to other features of life – such as how stressed or physically active you are and if you have previously had back pain.

There's a pretty good reason why slouching doesn't damage our spines, and that is because our spines are designed to allow movements as diverse as Olympic weightlifting to limbo dancing.

Our spines aren't going to be damaged by a bit of sitting down, even if we happen to be wiggling our fingers on a keyboard at the same time. And while standing desks are popular, prolonged standing is no more comfortable for the spine than prolonged sitting

The best thing to do throughout your day, to both make your body feel more comfortable and to increase your productivity and positive sense of wellbeing is to break up prolonged periods at your desk with breaks to walk, stretch, stand or sit down.

Positive posture

But there is one area where slouching may have a negative effect. Slouching has been linked to poorer information and memory recall, as well as worse mood when compared to sitting upright. These memory and mood problems are shown to be rapidly improved when moving from a slouched to erect posture. So perhaps there is some truth to the notion that slouching may still be a bodily representation of negativity.

But aside from that, the evidence overwhelmingly suggests there's no single, ideal or good posture.

Differences in spinal posture are not related to pain. And, in fact, posture naturally varies from person to person – and can even vary depending on race, sex, and even mood.

So if you're a sloucher, rest assured that it isn't really bad for you and is as good as any other posture you adopt. Comfortable postures are safe and sitting is not dangerous.

Overall, the human spine is designed to be on the move rather than static in one posture for long periods, which is why movement and changing your posture throughout the day is important to reduce fatigue and subsequent discomfort.

If you can't move around and spend all day slouched in front of the computer, this may cause you some discomfort – but it's not actually damaging your spine.

(By Dr Chris McCarthy, Manchester Metropolitan University, The Conversation)

MIRRORLIGHTS

Onset of Covid pandemic raised antidepressant use in young girls: Study

Antidepressant use rose sharply in adolescents and young adults, particularly among girls, after the Covid-19 pandemic began, according to a new study.

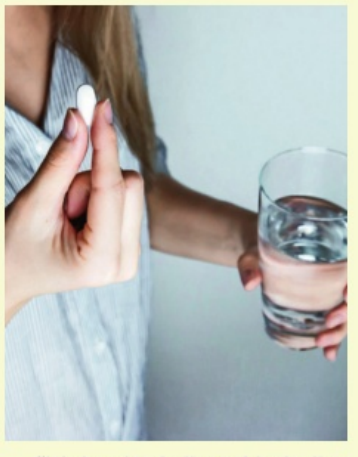
The findings, published in the journal Pediatrics, showed the rate of antidepressant use rose nearly 64 per cent faster after March 2020 in young people aged 12 to 25.

"Antidepressant dispensing to adolescents and young adults was already high and rising before March 2020. Our findings suggest these trends accelerated during the pandemic," said lead author Kao Ping Chua, a paediatrician and researcher at University of Michigan Health C.S. Mott Children's Hospital in the US.

Importantly, the increase in the antidepressant dispensing rate during the pandemic was driven by females: 130 per cent faster among girls aged 12-17 years and 60 per cent faster among females aged 18-25 years.

"Multiple studies suggest that rates of anxiety and depression among female adolescents increased during the pandemic," Chua said. "These studies, coupled with our findings, suggest the pandemic exacerbated a pre-existing mental health crisis in this group."

In contrast to females, the antidepressant dispensing rate changed little among male young adults after March 2020 and declined among male adolescents, which Chua found surprising.

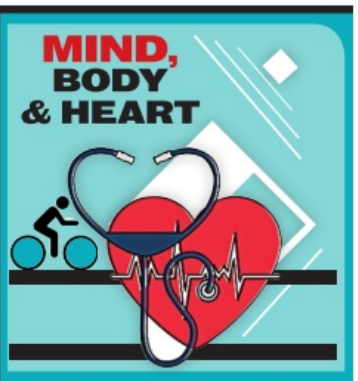


"It's hard to believe this decline reflects improved mental health," he said.

This could be because male adolescents may have skipped physicals and other health care visits during the pandemic, decreasing opportunities to diagnose and treat anxiety and depression, the researchers said.

Chua said the overall rise in antidepressant dispensing to adolescents and young adults may not only be related to worsened mental health. Long waitlists for psychotherapy, for example, may have also played a role.

"In my primary care clinic, I often heard from patients and families that they were facing 6-9 month wait lists for therapy during the pandemic. In those situations, it didn't make sense to withhold antidepressants and recommend a therapy-only approach," he said. — IANS



All you need to know about...

Severe asthma

Cytokines at play
Australian researchers have made a breakthrough in treating severe cases of asthma.
In a study published on Monday, researchers found that beta common cytokines, a family of proinflammatory molecules, control inflammation and scarring of the airways in severe and steroid-resistant asthma cases, Xinhua news agency reported.

What is asthma
Asthma is a chronic lung disease that the World Health Organization estimates affected 262 million people globally in 2019.

Trabikihart: Blocking inflammation
In Monday's study, which was led by a team from the University of South Australia (UniSA), researchers wrote that they believe a human therapeutic antibody called trabikihart could be the key to effectively blocking the inflammation and scarring.

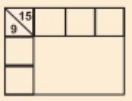
Limitations of current treatments
Damon Tumes, the joint leader of the study and head of the Allergy and Cancer Immunology Laboratory at UniSA, said in a media release that current treatments are limited because they only target single molecules when several cells and pathways are responsible for asthma.

New approach to asthma treatment
"Inflammation and tissue damage in severe asthma is caused by several types of immune cells that enter the lungs due to allergens, viruses and other microbes that interact with the airways," Tumes said, "in some people, the inflammation is resistant to steroids, the first treatment option for controlling severe asthma."
"Targeting multiple inflammatory cytokines with a single drug may be the key to treat and control complex and severe chronic airway disease," he said. —IANS

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

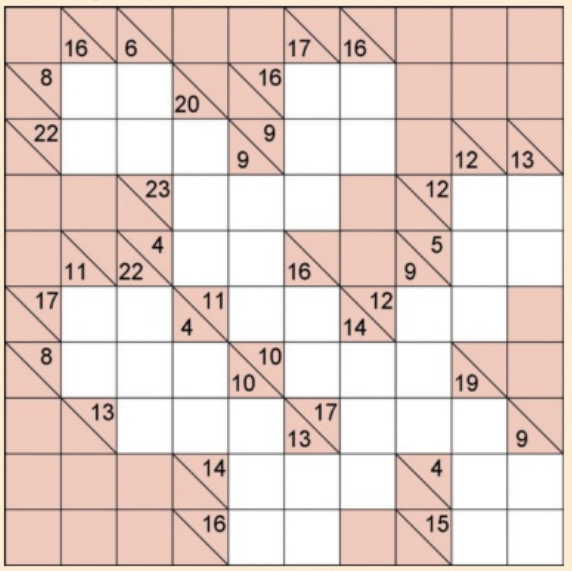
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

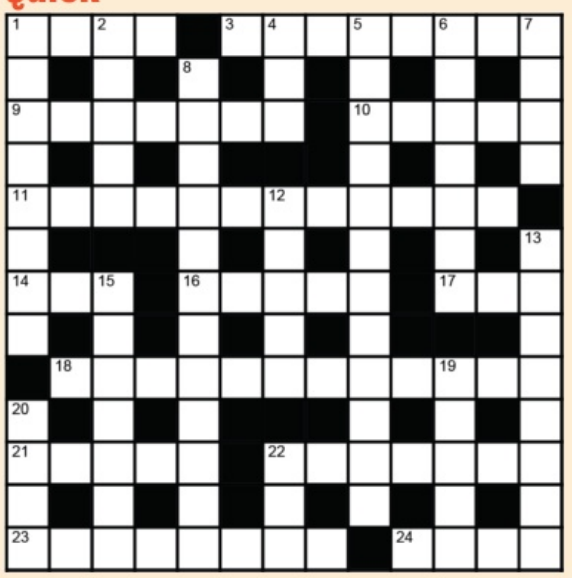


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Red gem (4)
3 Mariner (8)
9 Block of shares sold (7)
10 Shade of purple (5)
11 Pleasant to look at? (4,2,3,3)
14 Raw metal (3)
16 Hawaiian veranda – "a nail" anagram? (5)
17 Used a spade (3)
18 Famous temple on Kankapura road (12)
21 Group of eight singers (5)
22 Esteem (7)
23 Ongoing (5,3)
24 Stylish (4)

DOWN

1 Squealed or complained about (6,2)
2 Rosary pieces (5)
4 Ram's mate (3)
5 Bear ___ ___ : commit perjury? (5,7)
6 Passed along (7)
7 Track event (4)
8 A teacher (12)
12 Fraction in tithe (5)
13 Narcissistic (8)
15 Made laws (7)
19 Hebrew letter – "A help" change? (5)
20 Bean curd (4)
22 Narrow inlet, creek (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS U

YQGRUVPZH UV PQG RGILNUGV HLS YJT OIJH LT CUAZJPUTB VPZUTBV.

Linemaro

Sitting next to you doing nothing means everything to me

Mindchow

Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you

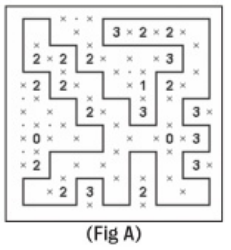
Joke of the day

The only thing I said to my parents when I was a teenager was, "Hang up, I got it!"

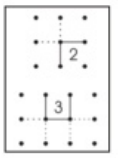
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

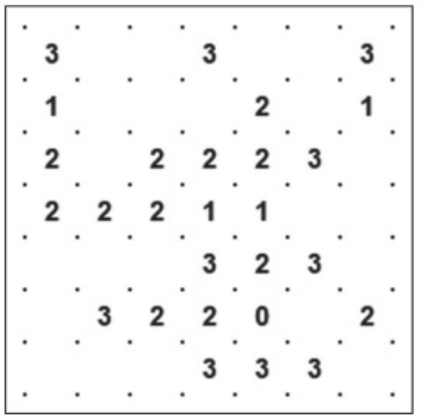


(Fig B) Not Allowed

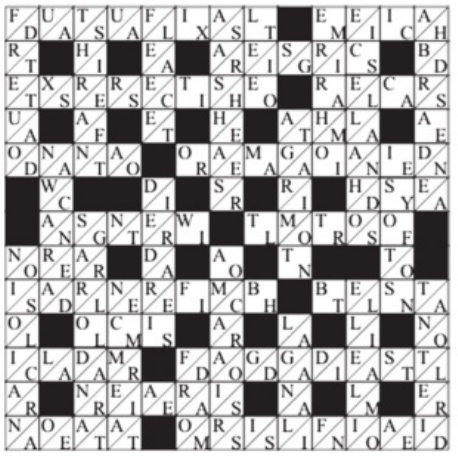
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



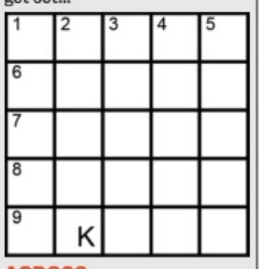
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Stars; 6 Ion in;
7 One so; 8 Tie LC;
9 Kinks

DOWN

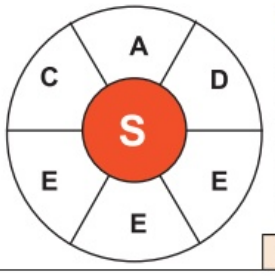
1 Stint; 2 Ken so;
3 A oil I; 4 Irons;
5 Necks

Mensapuzzle

Which number is the odd one out?

84129, 32418, 47632, 36119, 67626, 72927

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

	8						2	
1			2		4			5
2		3				4		9
	2		5		3		1	
		4	8		1	5		
	1		9		7		6	
6		5				7		2
7			4		6			8
	3						4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

1 2 8 9

Medium = 18

3 4 5 9

Hard = 17

2 5 5 2

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Window is not as wide. 2. Collar is missing. 3. Box is larger. 4. Pocket is added. 5. Label on box is moved. 6. Tie is missing.

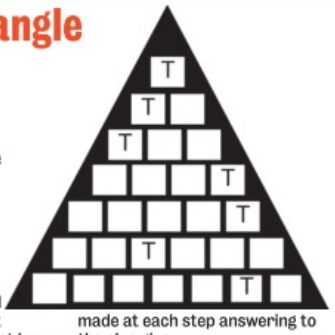
Riddler

There are 3 scrambled word puzzles with a clue above each. The unscrambled word/s will have something to do with the clue.

1. Clue: Machine of warmth Puzzle: Pea thump
2. Clue: Not the beginning Puzzle: Lie ego up
3. Clue: Referential book Puzzle: Or tiny acid

Alpha triangle

1 Tonne, abbr.
2 Bye!
3 Little bit
4 Mine entrance
5 Cargo crane
6 Grammatical case
7 Turn away from

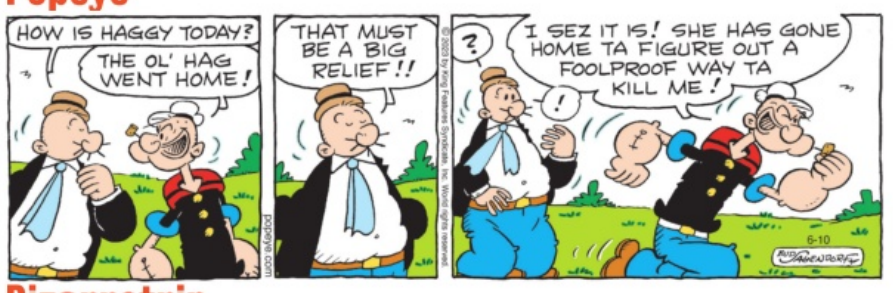


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


HOW IS HAGGY TODAY?
THE OL' HAG WENT HOME!
THAT MUST BE A BIG RELIEF!!
?
I SEZ IT IS! SHE HAS GONE HOME TA FIGURE OUT A FOOLPROOF WAY TA KILL ME!
!
6-10

Bizarrotrip

BIZARRO.COM ©2023 BIZARRO STUDIOS
Dist. by King Features
Wayno & Piraro 12-2-23
Oh, you were never a disappointment, son. Anything you ever accomplished came as a pleasant surprise.
PASSING-AGGRESSIVE BEHAVIOR

Diamond Lil

I'M REALLY DEPRESSED NOW THAT HALLOWEEN IS OVER
OH, BOO-HOO
HEY, AT LEAST YOU HAVE SOMETHING TO LOOK FORWARD TO!
©2023 creators.com | 1/4
www.creators.com

Hart of the city

Crankshaft

I THOUGHT WE'D KEEP THE MONTONI'S NAME FOR THE RESTAURANT.
I APPRECIATE THAT... IT'S A NICE TRIBUTE TO THE ORIGINAL OWNER, TONY MONTONI, AND THE BUSINESS WE MANAGED TO BUILD HERE.
MONTONI'S PIZZA
I JUST FIGURED BY DOING THAT WE WOULDN'T HAVE TO CHANGE THE SIGN.
THAT, TOO!
BATIUK & DAVIS tombatiuk.com/books
12-2

Mutts

MOM!
DOOZY?
THERE'S A CHAINED DOG I'VE BEEN FEEDING AND NOW HE'S IN REAL BAD SHAPE AND EARL'S DAD IS TAKING HIM TO THE ANIMAL SHELTER CLINIC... AND...AND...
C'MON! WE HAVE TO SAVE OUR DOG!
OUR DOG?
mutts.com/GuardDog

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you will be busy with family get-togethers. You may re-establish your network, which will give you benefits in the near future. Those related to glamour, art, fashion, films, media may plan to do something new in terms of their profession. Students may perform better today in academics. Love birds may enjoy their happy moments.

Taurus Apr 21 – May 20
Today you may be busy on the work front, which may make you mentally tired. This may affect your day- to-day routine. You may be able to create some overseas networks. You should be careful in terms of investments. Those in a job may get a promotion.

Gemini May 21 – Jun 21
Today, the situation is under control. Your destiny is likely to be with you in terms of gains in the past investments. You may get some rewards for your hard work. Projects that were stopped without a reason are likely to be reinitiated. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Cancer Jun 22 – July 23
Today, your moon is not positive. You may have health issues. You may face losses in the business or in past investments. It is advised not to invest into business. Your gains will be converted into losses. So you are advised to stop making investments in worthless objects. You should avoid getting involved in controversies otherwise it will pull you down negatively.

Leo Jul 24 – Aug 23
Today is good for your work. You may be able to perform well in terms of work. Your boss is likely to give you some new responsibility in terms of promotions .Disputes with the partner may be settled down. You may lend money for your assets. Your kids' health may be better now. You are likely to make some investments for your kids' future.

Virgo Aug 24 – Sep 23
Today you may be blessed by the moon. Love would be in the air in your personal life. Singles may find a suitable match. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery are likely to give positive gains in the near future. You should be careful about your elders' health.

Libra Sep 24 – Oct 22
You may be happy due to blessings from an auspicious planetary combination. You may have some sort of energy which may increase your prestige among people around you. You may spend your time studying intellectual subjects.

Scorpio Oct 23 – Nov 22
Today the start of the day may be dull. After late evening, you may be able to control negativity. New people may connect with you on the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before putting your signature.

Sagittarius Nov 23 – Dec 22
Today, with the help of blessings, you may gain control over your indecisiveness. Kids' health is better now. Your colleagues may be supportive at your work, which will convert into success in terms of a project. You may expect to get some incentives with the salary. Those related to dairy, water projects, grains, home makers, art and culture may do well.

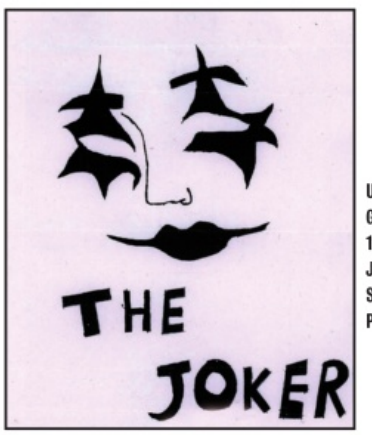
Capricorn Dec 23 – Jan 20
Today, you may plan to migrate from your current place to another place. It is advised that you think twice before taking decisions regarding migration or change of place. You may also plan to change jobs. There will be peace in the mind. But your kids' health issues might make you upset. It is advised to avoid speculation in investments.

Aquarius Jan 21 – Feb 19
Today, you may have good patience. Meditation may help you to increase concentration, which may help to speed up your project. Your subordinates may cooperate with you. It may help you to complete the project before the timeline. You are likely to go on a short trip, related to work. An influential person may help you to boost your network.

Pisces Feb 20 – Mar 20
Today, you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money in buying some artefacts or household items which may improve your social status. You are likely to hear some good news from one of your relatives.

KIDZONE

Ahana HK, 9 years, St. Francis School



Ullas Gowda K, 12 years, Jnana Sweekar Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
6÷5×11
6÷5=1.2×11=13.2
7÷3=2.333
14+13.2-2.333
27.2-2.33 = 24.87

RIDDLER
1. Heat pump,
2. Epilogue,
3. Dictionary

BULL'S EYE
case, cased, cease, ceased, DECEASE, ease, eased, secede, seed

FAST FIVE

S	A	R	T	S
S	K	I	N	K

STRIKE OUT

F	A	T	A	L	I	S	T	M	I	C
N	E	T	T	O	S	S	I	F	I	E

QUICK

R	U	B	Y	S	E	A	F	A	R	E
E	A	S	Y	O	N	T	H	E	E	Y

MENSA PUZZLE
47632: all the others are three-digit numbers followed by their square root, eg 361 followed by its square root, 19.

QUOTE UNCODE
Chemistry is the melodies you can play on vibrating strings.

SUDOKU

8	3	1	7	5	2	9	4	6
7	9	2	4	3	6	1	5	8
6	4	5	1	8	9	7	3	2
5	1	8	9	4	7	2	6	3
3	6	4	8	2	1	5	9	7
9	2	7	5	6	3	8	1	4
2	5	3	6	1	8	4	7	9
1	7	6	2	9	4	3	8	5
4	8	9	3	7	5	6	2	1

ALPHA TRIANGLE
T, Ta, Tad, Adit, Davit, Dative, Deviate.

GO FIGURE
Easy
9 - 8 + 2 - 1 = 2
Medium
4 - 5 + 3 x 9 = 18
Hard
5 x 2 + 5 + 2 = 17

LOOP

KAKURO

Volume No 17, Issue No 042 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Sweets & bouquets

Veteran character actor Ramesh Bhat was overwhelmed with love and affection for the movie Bhaava Theera Yaana's team that visited his house with sweets and bouquets a few months ago.

"Not many directors, actors, and technicians have come to my house with sweets and bouquets during my 50-year acting career. The team of this movie treated me with respect and affection while seeking my call sheet. The team worked hard during the movie's shooting. I play a character that most of the audiences would relate to," said Bhat.

Vidya Murthy, a well-known character actress, is paired opposite Bhat in the movie.

"I am lucky to have the opportunity to share screen space with Ramesh Bhat. The movie is full of emotions and feelings," said Vidya Murthy.

Mayura Ambekallu and Lakshman BK have bankrolled the movie that is ready for release shortly.

It is said that Mayura and Tejas Kiran made First Love, a short film that received more than one million views. With the success of that short film, they made its sequel but their friends and well-wishers advised them to make a feature film based on those two short films. The title of the movie – Bhaava Theera Yaana – was launched in the city recently.

Tejas Kiran and Naina are the lead pair in this movie. "It is about the journey of a young man. Vidya Murthy's performance in the pre-climax scene adds value to the movie. The duration of the two short films was 40 minutes. With addition of more characters, its running time has been increased by one hour," said Tejas Kiran.

Pankaj Udhas: May 17, 1951-February 26, 2024

SINGER OF SWEET SONGS BIDS ADIEU

Ghazal maestro passes on at 72 after prolonged illness

Renowned ghazal singer Pankaj Udhas, whose velvet smooth voice gave expression to the many colours of love, longing and heartache in songs such as "Chitthi Ayee Hai" and "Aur Ahista Kijiye Baatein", died here on Monday after prolonged illness. He was 72.

Udhas, who also made a mark as a playback singer in many Hindi films, including "Dayavan", "Naam", "Saajan" and "Mohra", died around 11 am at the Breach Candy hospital.

"With a very heavy heart, we are saddened to inform you of the sad demise of Padmashri Pankaj Udhas on 26th February 2024 due to a prolonged illness," his daughter Nayaab wrote in an Instagram post.

"This is not only a personal loss, but the whole nation has lost a prolific singer and a great human being," Breach Candy Hospital Trust said in a note.

The last rites of the singer, who hit his peak in the 1990s, will be held on Tuesday. He is survived by wife Farida and daughters Reva and Nayaab.

President Droupadi Murmu and Prime Minister Narendra Modi were among the many who mourned the singer's death.

"Pankaj Udhas ji, honoured with Padma Shri and other awards, made an important contribution in popularising music. My condolences to his family and fans," the president said.

Udhas, one of those credited for making the genre popular along with Talat Aziz and Jagjit Singh, released his first album "Aahat" in 1980 and went on to release over 50 albums in a four-decade career. This was apart from the songs, evoking gentle romance, he crooned as a playback singer.

He is perhaps most famous for "Naa Kajaare ki dhar", "Aye ghame zindagi kuch to de mashwara", "Maikhane se sharab", "Chandi jaisa rang hai tera sone jaise baal", "Aaj fir tum pe pyaar aaya", "Mohabbat inyat karam dekhte hain", "Jaaneman karwate badal badal" and "Chahat desh se aane wale"

Udhas was synonymous with ghazals, an Arabic word that means "conversing with the beloved". It developed in Persia in the 10th century AD from the Arabic verse form 'qasida', according to rekhta.com.

—PTI